

UNFOLDING THE DIVINE EXPERIENCE

A Divine Journey with Yati's ButterCup

By Shaveta Nayyar

A simple call from my dear friend Yati Gaur turned into the most unexpected divine journey of my life. As the program was all set for trekking and camping to Valley of Flowers, I landed first at Rishikesh to meet him and other friends. I have been very intrigued with Yati's mission to explore India on foot. Yati is the Founder of the Travel Group- **"The UnfoldingPlay"** & has travelled more than 5500 km on foot to bring India together. I was super thrilled and excited to explore the unknown destinations with the superman himself & 'Buttercup'.

"Buttercup", his beautiful Indie dog not only lead our way to the Divine but made sure we reach safely without any blockages & hiccups... So, all set to discover the mysterious path, we left for Valley of Flowers in the Chamoli District. Unusual as it may seem, but beside myself & Yati, Buttercup was too excited to be on this trekking camp.

On the way, we saw the famous "Panch Prayag"- Dev Prayag, Karan Prayag, Nand Prayag, Rudra Prayag & Vishnu Prayag. This "Panch Prayag" is the holiest of Confluences and it is believed that a dip in it cleanses heart, mind & soul. '**Prayag**' signifies confluence of two or more rivers where ablutions (bathing) before worship takes place.

While we were on this road journey moving towards the base camp at Govindghat, Buttercup threw no dog tantrums, nor was she uneasy. Her warmth, love and calm attitude was unmatched and gave us so much motivation to move on. It was a sheer delight to watch this dog teach us so much about acceptance & endurance in life.

After travelling 8 -9 hours in the car, we finally reached at the base camp in evening. Badrinath temple is about 20 kms away from this place. Inside my heart & mind, I had this urge to go to Badrinath after finishing my trekking but had only a day in my hand. Time was less to accomplish all the things in a short time. We rested for a while and went for a walk with Buttercup. Next day, it was time to go to our trekking expedition. I was super excited as Yati had already given me much knowledge about the do's and don't's in trekking. With the full 'josh' on, we began trekking with our rucksacks on our shoulders and after only a few kilometers, it started raining heavily. We took a break at the 'Dhaba' only to be told by locals that trekking further up is dangerous in this weather.

At that very moment, my friend Yati with his wide experience in excursions suggested that since the weather is not good, it's time we must visit Badrinath. We came down, packed all our stuff, and left for Badrinath immediately. Amongst the clouds covering the majestic mountains & the scanty rain, it was a heavenly experience to watch the Divine unfolding. It seemed I am in another world - The dove white mountains covered with clouds standing tall in the sky, their sharp & rounded ridges rising & touching the sky, pure white waterfall making its way down through the rocks of these steep mountains, it was a sight to see. The unparalleled beauty had this deep impact on me.



[With Yati Gaur (Traveler, Explorer & Founder- "TheUnfolding Play")]



"Badrinath" on Divine journey

History says that Badrinath Temple was originally established by Adi Sankaracharya in the ninth century. The temple is situated in Garhwal hill tracks of Chamoli District (Uttarakhand, India) along the banks of Alaknanda River. Located at 3,133 m (10,279 ft) above sea level, this shrine is one of the most visited pilgrimage.

One legend says that Lord Vishnu went into deep meditation in Padmasana in this region. Due to this, he was unaware of the extreme climatic condition and his consort Lakshmi spread above him as a Badri tree to protect him from the harsh weather. Lord Vishnu was pleased with her and named the place as Badrikashram after Goddess Lakshmi. Complying with this legend, one can find the deity in Padmasana posture in Badrinath temple.

Another legend says that when Lord Shiva and Parvati were in meditation in Badrinath, Lord Vishnu disguised as a small boy and cried to them asking for the shrine for meditation. Knowing he was Lord Vishnu, Lord Shiva and his consort moved to Kedarnath.

As we finally reached our destination, it was freezing cold. Buttercup too started to shiver and immediately had to be covered with a warm blanket. Happy and calm, Buttercup was thrilled to be in Badrinath. I first went to take a dip in the "Tapta Kund" - the hotwater spring at Badrinath Temple. It is believed that having a sacred bath in 'Taptakund' cures all body ailments as it possesses healing qualities. Then, I went inside the temple for the darshan for the divine blessings. The energy of the place evoked in me a sense of nirvana, a deep effect of 'stillness' in a strange way.

With my soul satisfied to meet the Divine, I could not believe that I have done one of the "Char Dham" Yatra in such a pleasant and smooth way. Although the Trekking could not happen, this journey however was a Divine calling, It is certain that humans think & plan, but God has his own way. Trust in the power of the Universe to lead you to where you are destined to be. For me, it was an enlightening Divine Date with the God, with a power undefined, unseen and yet could be felt so strongly inside.

This journey could not have been possible without Yati and Buttercup who have been walking from State to State fearlessly exploring new destinations. And as they say-

“योजनानां सहस्रं तु शनैर्गच्छेत् पिपीलिका।”

(Even a tiny creature such as ant can move ahead miles together if it keeps on walking consistently.)

Therefore, just keep walking. The Universe unfolds the way for the greater good.



DEVPRAYAG



WITH BUTTERCUP